

BE | WELL WEEK

MARCH

2

thursday

Leading with Emotional Intelligence

Emotional intelligence is a powerful component of effective leadership. It's the ability to recognize and positively manage emotions in yourself, others and among groups. Join the OCC team and Dr. Susan Franks for an interactive workshop to discover how emotional intelligence plays a vital role in developing skills that will enhance your well-being and prepare you to successfully manage challenges, stress and conflict resolution.

Time: **Noon–1:00 p.m.**

Location: **IREB 260**

HSC Well-Being Domain(s): **Knowing Yourself, Working with Others, Community Belonging & Navigating Individual Needs**



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